



# LOOKISM.NET

Because looks DO matter!

Recommended Products

Hello There, Guest!

[Login](#) [Register](#)

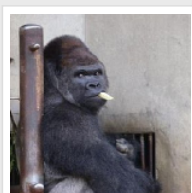
[Search](#) | [Image Feed](#) | [Members](#) | [Rules](#) |

[Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion](#) > [Main](#) > [Looksmxing](#) > [Progress Reports](#)

[K2, Boron, Calcium megadose](#)

## K2, Boron, Calcium megadose

Thread Modes



**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: 0

08-08-2015, 06:25 AM

#1

I started my K2 and mineral megadose to see if we really can pack on bone mass a few weeks before university is back.

Adjusting the K2 MK7. I am on day 2 of 400mcg using 200mcg morning/night as a load up since you retain this, and then lowering later. So I am overdosing it right now.

90mg K2 as MK4  
10,000 IU D3  
12mg Boron  
4g Calcium

My knees and shins hurt like a kid with growing pains. I feel it in my hips and my jaw feels tight, and have the feeling going through my hands. Might be a sign that this is effecting my bones as it is meant to, or that I am OD'n on the K2 MK7.

I will update if I notice a visual change in anything. I don't have calipers to measure zygos perfectly, I have a decant method but less than milimeter amounts I can not measure effectively.

I can have a measuring tape for skull.

My threads:

- Forearm & Wrist [routine](#)

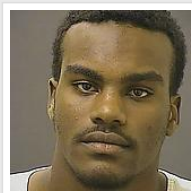
Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

Find

Reply



**Iono**

Mega Super Poster



Posts: 2,229  
Threads: 26  
Joined: Jul 2015  
Reputation: 100

08-08-2015, 07:03 AM

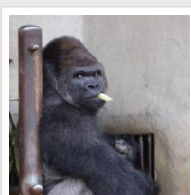
#2

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.



Find

Reply

**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: 0

Find

08-08-2015, 07:41 AM

#3

**Iono Wrote:**

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

There is the question about why a lot of people report their faces widening from K2, although most anecdotes being women. Time to see what happens as I now up the K2 MK4 to the upper end and supply the calcium and D3 to work with the K2, and boron which helps hold onto these bone minerals.

I had done a similar thing but for bone strength in the past. The amount of force I could punch my fist together with unphased was crazy so I'll be durable for rugby.

I am going to be doing my wrist/forearm routine again while on this although this combo along with Icariin, BMP2 VEGF, Decca, and Test would be the true bone mass mega method. I will do this eventually.

It seems like K2 would help protect some of the VEGF side effects it has on calcifying blood vessels.

My threads:

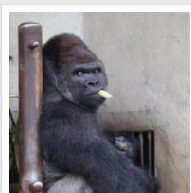
- Forearm & Wrist **routine**

Other good reads:

- Red Pill on Personality: **Physiognomy**

- Neck Training **routine**

Reply

**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: 0

Find

08-08-2015, 07:46 AM

#4

**adrift Wrote:**

(08-08-2015, 07:44 AM)

**Iono Wrote:**

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

would you say boxing stresses the wrists enough to grow them?

There is a study out there that boxing makes your spine thicker, the actual vertebrae on experienced boxers are around 40% thicker than normal people. Weight lifters who do plenty of deadlifts and squats have thicker

My threads:

- Forearm & Wrist [routine](#)

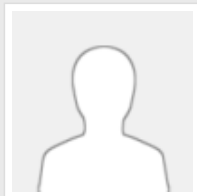
Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

Find

Reply



**nochin**  
Member



Posts: 233  
Threads: 1  
Joined: Aug 2015  
Reputation: **5**

Find

08-08-2015, 02:11 PM

#5

90mg MK4? Wow, that's a lot.

If you are serious about this, can you get blood tests before/after?

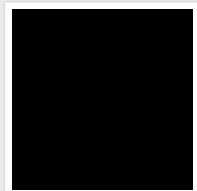
K2 blood levels, MGP carboxylation levels, Calcium, PTH, Vitamin D, Phosphate and anything I've forgotten.

Instead of or in addition to measuring your zygo width, why not measure wrist and ankle circumference? Especially if you say you can already feel it in those areas...

You could also get a before/after skull x-ray if you do mewing/chewing.

And why do you take Boron? Wikipedia says it elevates estrogen levels.

Reply



**modified**  
Mega Super Poster



Posts: 2,585  
Threads: 88  
Joined: Jul 2015  
Reputation: **20**

Find

08-08-2015, 02:14 PM

#6

#### **Machiavellian Wrote:**

(08-08-2015, 06:25 AM)

I started my K2 and mineral megadose to see if we really can pack on bone mass a few weeks before university is back.

Adjusting the K2 MK7. I am on day 2 of 400mcg using 200mcg morning/night as a load up since you retain this, and then lowering later. So I am overdosing it right now.

90mg K2 as MK4  
10,000 IU D3  
12mg Boron  
4g Calcium

My knees and shins hurt like a kid with growing pains. I feel it in my hips and my jaw feels tight, and have the feeling going through my hands. Might be a sign that this is effecting my bones as it is meant to, or that I am OD'n on the K2 MK7.

I will update if I notice a visual change in anything. I don't have calipers to measure zygos perfectly, I have a decant method but less than milimeter amounts I can not measure effectively.

I can have a measuring tape for skull.

Excess calcium will calcify your arteries and put you at higher risk for heart attack. Not smart.

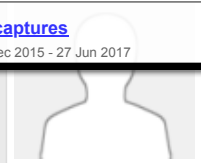
<http://lookism.net/Thread-Later-boyos>

Reply

08-08-2015, 02:23 PM

#7

What do you think he's taking the K2 for? 🤔



**nochin**

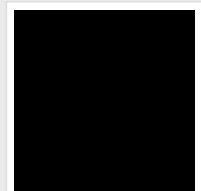
Member



Posts: 233  
Threads: 1  
Joined: Aug 2015  
Reputation: **5**

Find

Reply



**modified**

Mega Super Poster



Posts: 2,585  
Threads: 88  
Joined: Jul 2015  
Reputation: **20**

Find

08-08-2015, 02:27 PM

#8

**nochin Wrote:**

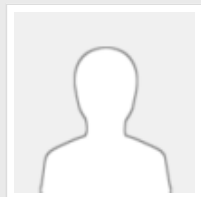
(08-08-2015, 02:23 PM)

What do you think he's taking the K2 for? 🤔

Placebo effect like the rest? Your bone structure isn't going to change significantly in any helpful way from this. You're more likely to damage yourself like from calcification.

<http://lookism.net/Thread-Later-boyos>

Reply



**nochin**

Member



Posts: 233  
Threads: 1  
Joined: Aug 2015  
Reputation: **5**

Find

08-08-2015, 02:37 PM

#9

**modified Wrote:**

(08-08-2015, 02:27 PM)

**nochin Wrote:**

(08-08-2015, 02:23 PM)

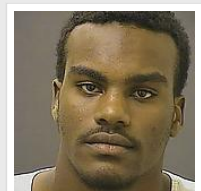
What do you think he's taking the K2 for? 🤔

Placebo effect like the rest? Your bone structure isn't going to change significantly in any helpful way from this. You're more likely to damage yourself like from calcification.

He's taking the K2 to both improve bone metabolism inside the bones as well as avoid vascular calcification. K2 is very promising in that regard.

If he'll results in general is a different story. If he's severely deformed, of course it won't do enough, but most people on here are just above-average-level attractive assburgers anyway.

Reply



**Iono**

Mega Super Poster



08-08-2015, 02:42 PM

#10

**Machiavellian Wrote:**

(08-08-2015, 07:41 AM)

**Iono Wrote:**

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

There is the question about why a lot of people report their faces widening from K2, being women. Time to see what happens as I now up the K2 MK4 to the upper end of the scale. DS to work with the K2, and boron which helps hold onto these bone minerals.

I had done a similar thing but for bone strength in the past. The amount of force I could punch my fist together with unphased was crazy so I'll be durable for rugby.

I am going to be doing my wrist/forearm routine again while on this although this combo along with Icariin, BMP2 VEGF, Decca, and Test would be the true bone mass mega method. I will do this eventually.

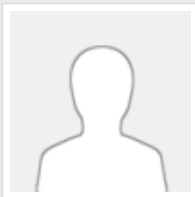
It seems like K2 would help protect some of the VEGF side effects it has on calcifying blood vessels.

make sure you chew hard foods or gum and tongue press



Find

Reply



**suicideistheanswer**

Newbie

Posts: 45  
Threads: 9  
Joined: Aug 2015  
Reputation: 0

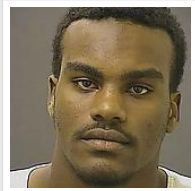
Find

08-08-2015, 02:45 PM (This post was last modified: 08-08-2015, 02:45 PM by suicideistheanswer.)

#11

your nose and ears never stop growing, would K2 make these parts grow even bigger and thicker?

Reply



**Iono**

Mega Super Poster



Posts: 2,229  
Threads: 26  
Joined: Jul 2015  
Reputation: 100

08-08-2015, 02:50 PM

#12

**adrift Wrote:**

(08-08-2015, 07:44 AM)

**Iono Wrote:**

(08-08-2015, 07:03 AM)

you need to mechanically stress your bones to stimulate growth. You need 1/3 of the stress necessary to break the bone to stimulate growth. Power lifting, sprinting, and wrestling are the best exercises for bone growth. Good luck.

would you say boxing stresses the wrists enough to grow them?

[Image: Screen-shot-2014-07-30-at-12:48:00-PM.png]

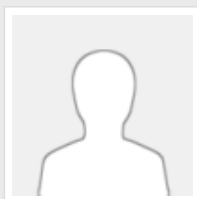






Find

Reply



**nochin**

Member



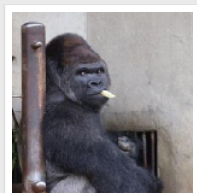
Posts: 233  
Threads: 1  
Joined: Aug 2015  
Reputation: **5**

Find

08-08-2015, 02:54 PM

#13

What are we supposed to see in these pictures?



**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: **0**

08-08-2015, 05:04 PM (This post was last modified: 08-08-2015, 05:09 PM by Machiavellian.)

#14

**suicideistheanswer Wrote:**

(08-08-2015, 02:45 PM)

your nose and ears never stop growing, would K2 make these parts grow even bigger and thicker?

K2 packs up bone, you are asking about cartilage

**nochin Wrote:**

(08-08-2015, 02:11 PM)

90mg MK4? Wow, that's a lot.

If you are serious about this, can you get blood tests before/after?

K2 blood levels, MGP carboxylation levels, Calcium, PTH, Vitamin D, Phosphate and anything I've forgotten.

Instead of or in addition to measuring your zygo width, why not measure wrist and ankle circumference?

Especially if you say you can already feel it in those areas...

You could also get a before/after skull x-ray if you do mewing/chewing.

And why do you take Boron? Wikipedia says it elevates estrogen levels.

There are mixed studies about it raising or lowering estrogen, same with test. 12mg is roughly the amount used the studies where test raised and estrogen decreased. It is very potent at helping you retain calcium and magnesium you would otherwise excrete. Combine that with K2 removing calcium from soft tissue and you got yourself a synergistic effect to move greater amounts of minerals to bone tissue.

I can't just get loads of blood work all the time with my doctor and private labs cost money. I can measure skull

My threads:

- Forearm & Wrist [routine](#)

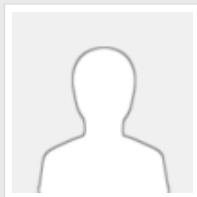
Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

Find

Reply



**nochin**

Member



Posts: 233  
Threads: 1  
Joined: Aug 2015  
Reputation: **5**

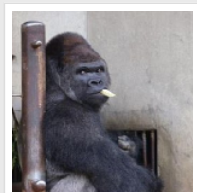
Find

08-08-2015, 05:17 PM

#15

Of course some of the blood testing I suggested is never covered by insurance, but some of it you can definitely test. Then find a reason to test again after your experiment, e.g. if the test finds you're Vitamin D deficient and "decided" to supplement. (If you've been taking 10k for more more than days/weeks already then VitD is of course not a parameter that would work as an excuse to retest).

Reply



**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: **0**

Find

08-08-2015, 05:22 PM

#16

**modified Wrote:**

(08-08-2015, 02:14 PM)

Excess calcium will calcify your arteries and put you at higher risk for heart attack. Not smart.

K2 removes calcium from soft tissue. And people who do leg lengthening surgery have been known to supplement with 3g of calcium

My threads:

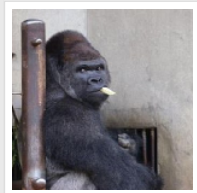
- Forearm & Wrist [routine](#)

Other good reads:

- Red Pill on Personality: [Physiognomy](#)

- Neck Training [routine](#)

Reply



**Machiavellian**

Moderator



Posts: 607  
Threads: 40  
Joined: Jun 2015  
Reputation: **0**

08-09-2015, 03:05 AM

#17

**Victory Wrote:**

(08-08-2015, 05:39 PM)

After research I found this:

<http://www.iherb.com/Advanced-Orthomolec...=null&ic=1>

To be the highest dosed k2 supplement I could find, if anybody was still looking for one

I had to go before but was going to get back. That K2 MK4 and this is the K2 MK7 I use

<http://www.amazon.com/Supports-Absorptio...rds=k2+mk4>

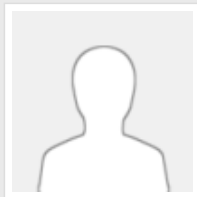
My threads:

- Forearm & Wrist [routine](#)



Find

Reply



**Dylan Klebold**

Newbie

Posts: 38  
Threads: 6  
Joined: Dec 2015  
Reputation: 0

Find

01-01-2016, 07:51 AM

#18

Any progress updates?

Reply

**igesio**

shimansky gave me a  
browridgejob



Posts: 1,978  
Threads: 122  
Joined: Jul 2015  
Reputation: 27

Find

01-05-2016, 08:40 PM

#19

results?

<https://www.youtube.com/watch?v=FyGc8tdjMI0>

Reply

**BlueBalls**

Ultra Super Poster



Posts: 4,558  
Threads: 282  
Joined: Sep 2015  
Reputation: 401

Find

01-14-2016, 05:22 PM

#20

**igesio Wrote:**

(01-05-2016, 08:40 PM)

results?

These threads never yield results.

I'm 4 **head transplants**, 6 **DICK LENGHTENINGS** and 17 **rebirths** away from sniffing the SIDEWALK stepped on by the **COUSIN** of a 0/10 RADIOACTIVE **ALIEN ABOMINATION** with **ACID FOR BLOOD**, **SANDPAPER** VAGINA and **CONSTANT** diarrhea!

Reply

**ugliest**

Senior Member



Posts: 599  
Threads: 28  
Joined: Dec 2015  
Reputation: 5

Find

01-27-2016, 04:34 PM

#21

updates?

Reply

**RecessedPhiltrum**

02-09-2016, 11:25 PM

#22

strong results boyo

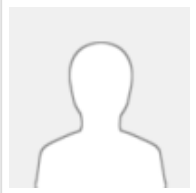
[12 captures](#)

17 Dec 2015 - 27 Jun 2017

Posts: 264  
Threads: 68  
Joined: Jan 2016  
Reputation: **53**

Find

Reply



**amogking**  
Member

Posts: 196  
Threads: 19  
Joined: Nov 2015  
Reputation: **-140**

Find

02-12-2016, 03:34 PM

#23

update?

Reply